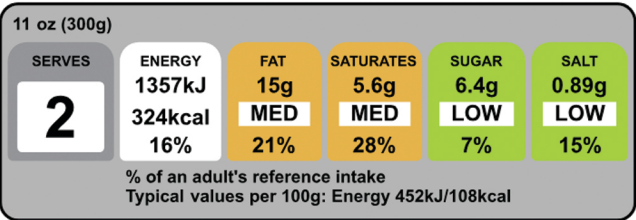


OLD DELHI STYLE CHICKEN KORMA - A royal curry of braised chicken thigh, delicately spiced with a rich gravy.

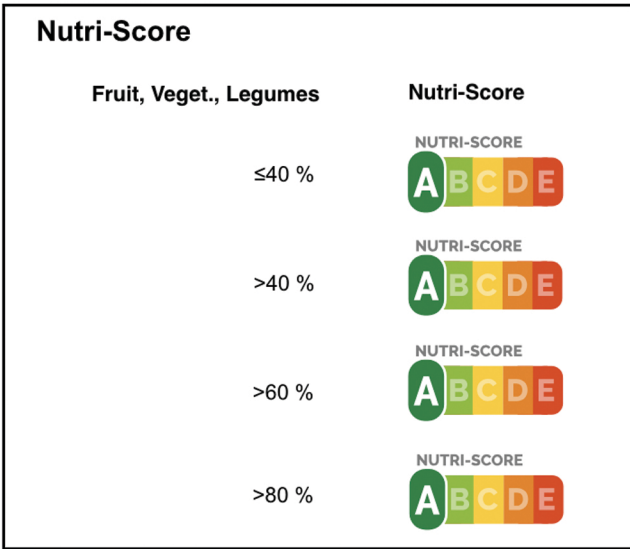
Serving Size	
Serving size	300g
Container Size	
Container size	600.0g
Number of servings	2

Graphics



Typical values	per 100g	per 300g serving
Energy	452kJ 108kcal	1357kJ 324kcal
Fat	5.0g	15g
of which saturates	1.9g	5.6g
Carbohydrate	2.7g	8.2g
of which sugars	2.1g	6.4g
Protein	13g	40g
Salt	0.30g	0.89g

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
Total Fat 15g	19%	Total Carbohydrate 10g	4%
Saturated Fat 6g	28%	Dietary Fiber 2g	5%
Trans Fat 0g		Total Sugars 6g	
Cholesterol 185mg	62%	Includes 0g Added Sugars	0%
Sodium 350mg	15%	Protein 40g	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used as a general nutrition advice.			
Vitamin D 0.2mcg 2% • Calcium 130mg 10% • Iron 2.5mg 15% • Potassium 970mg 20% Vitamin A 350mcg 40% • Vitamin C 3mg 2% • Vitamin E 1.0mg 6% • Vitamin K 3mcg 2% Thiamin 0.35mg 35% • Riboflavin 0.5mg 40% • Niacin 17.0mg 110% • Vitamin B6 0.58mg 35% Folate 0mcg DFE 0mcg 0% • Vitamin B12 1.76mcg 70% • Biotin 6.6mcg 22% • Pantothenate 2.1mg 41% Phosphorus 350mg 26% • Iodine 98mcg 26% • Iron 2.5mg 15% • Magnesium 95mg 22% Zinc 3.6mg 30% • Selenium 24mcg 44% • Copper 0.24mg 26% • Manganese 0.3mg 13% Chloride 50mg 22% • Choline 0mcg 0%			



Ingredients and Allergens

Chicken, Onion, Yogurt (**Milk**), Water, Coconut Milk, Melon Seeds, Cream (**Milk**), Garlic, Ginger, Butter Ghee (**Milk**), Rapeseed Oil, Coconut, Ground Coriander, Chilli Powder, Turmeric, Salt, Cardamon, Ground Cloves.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

55.5%	166.4g	Chicken, dark meat, raw
13.9%	41.6g	Onions, raw
13.9%	41.6g	Yogurt, whole milk, plain
5.55%	16.6g	Water, distilled
2.77%	8.32g	Coconut milk
2.08%	6.24g	Melon seeds
1.39%	4.16g	Cream, fresh, single
0.867%	2.6g	Garlic, raw
0.867%	2.6g	Ginger, fresh
0.694%	2.08g	Ghee, butter
0.694%	2.08g	Onions, raw
0.632%	1.9g	Oil, rapeseed
0.485%	1.46g	Coconut, desiccated
0.277%	0.832g	Ground Coriander
0.208%	0.624g	Chilli powder
0.111%	0.333g	Turmeric, ground
0.104%	0.312g	Salt
0.035%	0.104g	Cardamon, ground
0.014%	0.042g	Cloves, dried, ground

	per 100g	per 300 g serving
Energy	452.4kJ	1357.2kJ
Calories	107.9kcal	323.6kcal
Protein	13.4g	40.1g
Carbohydrate	2.7g	8.2g
Sugars	2.1g	6.4g
Starch	0.2g	0.5g
Added Sugar	0.0g	0.0g
Total Fat	5.0g	14.9g
Saturated Fat	1.9g	5.6g
Fatty Acids	1.7g	5.1g
Monounsaturated		
Fatty Acids	1.2g	3.5g
Polyunsaturated		
Trans Fat	0.1g	0.2g
Dietary Fiber	0.5g	1.5g
Sodium	116.6mg	349.9mg
Salt	0.30g	0.89g
Cholesterol	62.3mg	186.8mg
Vitamin A	116.6IU	349.7IU
Vitamin A RAE	35.0µg	104.9µg
Carotene	56.7µg	170.1µg
Alpha Carotene	trace	trace
Beta Carotene	15.3µg	45.8µg
Retinol	25.4µg	76.2µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.2mg	0.5mg
Niacin	6.0mg	17.9mg
Pantothenic Acid	0.7mg	2.1mg
Vitamin B6	0.2mg	0.6mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	10.6µg	31.8µg
Vitamin B12	0.6µg	1.8µg
Vitamin C	0.8mg	2.5mg
Vitamin D	2.7IU	8.1IU
Vitamin D MCG	0.1µg	0.2µg
Vitamin E	0.3mg	1.0mg
Biotin	2.2µg	6.6µg
Vitamin K	1.0µg	2.9µg
Calcium	42.8mg	128.4mg
Chloride	175.1mg	525.4mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.2mg
Iodine	12.8µg	38.3µg
Iron	0.8mg	2.5mg
Magnesium	31.3mg	94.0mg
Manganese	0.1mg	0.3mg
Nitrogen	2.2g	6.5g
Phosphorus	108.9mg	326.8mg
Potassium	321.7mg	965.0mg
Selenium	8.1µg	24.4µg
Tryptophan/60	2.7mg	8.2mg
Zinc	1.2mg	3.6mg
Ash	0.0g	0.0g
Lutein Zeaxanthin	0.2µg	0.7µg
Lycopene	trace	trace
Water	77.0g	231.0g
Ethanol	0.0g	0.0g